

## First Look

### Talented youth

Lajes youth ages 6-18 will compete April 16 in a local talent contest. Competition categories are: vocal - male/female vocalist, vocal group; instrumental - solo, combo and group; and performing arts - musical variety, specialty, dance. A contestant may enter a maximum of two categories of competition and not more than one category per division. For more information, call Thomas Lamont at 2-1198/2-3273.

### Crab is King

An all-you-can-eat seafood buffet night is Saturday at the Top of the Rock Club. Dinner includes crab legs, fried shrimp, baked fish, seafood Newburg, BBQ chicken, prime rib, potatoes, vegetables, soup and salad bar. Cost is \$12.95 for members, 24.95 for non-members, \$9.95 for children ages 6-12. Reservations required, call 2-2327. Dinner menu will not be available that night.

### JAG closed

The 65th Air Base Wing legal office will be closed Wednesday.

### MDG closed

The 65th Medical Group will be closed April 15 for a goal day.

### Preflight

■ *Days since last DUI ...* 79  
 ■ *DUIs since Jan. 1 .....* 1  
 ■ *Current AEF.....* 3 & 4  
 ■ *Current FPCON .....* Alpha  
 ■ **Combat Nighthawk:**  
*Chaplain (Capt.) David Knight, 65th Air Base Wing;*  
*Master Sgt. Aretha Barnes, 65th Security Forces Squadron;*  
*Tech. Sgt. Tranquilino Cruz, 65th Medical Support Squadron*

## Handing out smiles



*Staff Sgt. Larenza Smart, 65th Logistics Readiness Squadron member deployed to Afghanistan, passes out toys and goodie bags to children during a humanitarian mission March 29. (Courtesy photo)*

## Stepping up to the Combat Wingman Challenge

**By General Robert H. "Doc" Foglesong  
Commander, United States Air Forces  
in Europe**

A few months ago I challenged all of U.S. Air Forces in Europe to take part in our new program, Combat Wingman. You took the challenge head-on and today we have a highly successful program that's making a difference.

Our initial plan was to partner our most valuable resources, our people, with one another in sacred contracts that practiced Wingman consideration — an attitude of caring and looking out for each other.

As we mentioned during the program's inception, caring for our Wingmen is a timeless tradition among Airmen. Our aviators fly with their Wingmen "checking their six" and today USAFE military, civilians and family members have adopted the same tradition and carry Combat Wingman cards symbolizing their commitment to each other.

Royal Air Force Lakenheath Middle School recently started a Junior Wingman program on

March 25 modeled after the USAFE program.

Under the innovative guidance of Physical Education teacher Betsi Rymer, they now have all 685 students at the school carrying their own Junior Wingman cards.

The students are asked to check in with their Wingmen at least once a day. Besides checking in on each other, Wingmen at the middle school help others with homework. I'm thrilled and amazed to see our USAFE youth adopting this program!

The Combat Wingman program continues to grow, especially as we enter the spring and summer assignment seasons and new members to the USAFE team will need all our help.

Our challenge is not only to welcome them to our team, but to also practice that Wingman consideration by helping them tackle any personal and professional challenges they might face.

I want to thank each of you for your help launching Combat Wingman. Let's maintain our Wingman momentum. Combat Wingman — keep checking in!

## Program helps returning Airmen

**By 1st Lt. Aaron Wiley  
Deputy Chief, public  
affairs**

The Reintegration program tag-team here knows what it's like to come home from a deployment and readjust to what used to be their normal everyday life; they've both been through it.

Master Sgt. Valerie Lee-Block, 65th Air Base Wing Installation Reintegration Officer, and Master Sgt. Margaret Jett, 65th Mission Support Squadron Family Support Center Readiness NCO, draw on their recent experiences with the feelings and struggles that accompany returning from a deployment to work through the unique challenges Lajes' location creates in welcoming home and reintegrating Lajes' war fighters.

The first test group for the new USAFE-mandated Reintegration program here presented Sergeants Lee-Block and Jett with their first obstacles, they said.

The ten warriors returning from deployment were supposed to come home together, but

couldn't get on the same flights to the island. So they came in on different days of the week in groups of three and four instead, they said.

The four-day reintegration program is designed to walk a group of five or more returning Airmen and their families through the reintegration process, briefings and paperwork all at once.

The benefit of the program, to bring the professional agencies to the returning Airmen and their families all at once in the same location, becomes more difficult when they all trickle in on different days, they added.

In a perfect world, and at many larger bases, the Airmen would come in together. They would have already received an

initial reunion briefing down-range while their spouses and family members would have received an initial briefing at home before their Airmen ever get there. The initial briefing would prepare both groups for the

homecoming, Sergeant Lee-Block said.

Unfortunately, one of the biggest challenges

is getting the returning member's information in time to execute the program the way it's designed, Sergeant Jett said.

"Many individuals (in this first group) weren't due back until next month. For some of them, we didn't even know which ones were coming in until the day they were to arrive," Sergeant Jett said. "When the program was being designed, we

knew it would be hard to get (timely and accurate) information; that's our biggest challenge."

However, Sergeants Jett and Lee-Block are committed to overcoming Lajes' unique logistical challenges so Team Lajes members returning from deployment are provided a smooth transition back into their family, community and work environments.

"The goal is to have a place set aside where everyone awaiting the Airmen's return can welcome them home; where they'll receive a quick welcome-home briefing, check in their weapons or any classified material they may have; and then send them home to decompress for the first two days," said Sergeant Lee-Block.

During that time, a number of wing agencies including the chapel, finance, public health and wing safety and life skills will arrange appointments and briefings for the Airmen and their family members to attend over



**See Airmen, Page 5**

### Focus notes

#### Customer College grads

Congratulations to the graduates of the Mar. 23 Customer College Master's class:

**Master Sgt. Cristina Dixon**, 65th Mission Support Squadron; **2nd Lt. Robbie Faith**, 65th Communications Squadron; **Capt. Marsha Hasberger**, 65th Logistics Readiness Squadron; **Fatima Homem**, 65th LRS; **Capt. David Knight**, 65th Air Base Wing; **Capt. Yvonne Levardi**, 65th ABW; **Master Sgt. Onofre "Don" Martin, Jr.**, 65th ABW; **Johannah Norsworthy**, 65th MSS; **Jose Ourique**, Defense Commissary Agency; **Master Sgt. Randy Phillips**, 65th MSS; **1st Lt. Randall Pletzer**, 65th CS; **Tech. Sgt. Edward Stobierski**, 65th ABW

... and the graduates of the Mar. 29-April 1 Bachelor's class:

**Ana Andrade**, 65th LRS; **Lurdes Andrade**, 65th MSS; **Almerinda Cabral**, 65th Comptroller Squadron;

**Fatima Coelho**, 65th CS; **Luis Correia**, 65th LRS; **Helio Costa**, 65th CPTS; **Francisco Dinis**, 65th LRS; **Armando Duarte**, 65th LRS; **Lidia Fontes**, DeCA; **Joao Freitas**, 65th Services Squadron; **Maria Freitas**, 65th LRS; **Jorge Gaspar**, 65th LRS; **Joao Gil**, DeCA; **Jose Leal**, 65th SVS; **Fernando Lima**, 65th SVS; **Eduardo Lima**, 65th ABW; **Norberto Lourenco**, 65th SVS; **Jose Gabriel Leal Martins**, 65th Civil Engineer Squadron; **Manuela Medeiros**, 65th CS; **Silvia Nunes**, 65th CS; **Jose Resendes**, 65th SVS; **Ana Rodrigues**, 65th SVS; **Rogério Silva**, 65th CES; **Lucia Soares**, 65th MSS;

#### Combat Touch

All events are at the base chapel unless otherwise noted.

Catholic Men of the Chapel Mass and Dinner is at 6 p.m. April 13.

Confirmation by Bishop Antonio Sousa Braga, Bishop of the Azores, is at 5 p.m. April 17.

Single and unaccompanied members' dinner, hosted by the 65th Logistics Readiness Squadron, is at 5:30 p.m. April 28.

First Communion Workshop is at 5:30 p.m. April 30. For more information on these

events, call Chaplain (Capt.) Matthew Glaros at 2-4211.

Men's Spiritual Leadership Training/Breakfast is at 8 a.m. April 16.

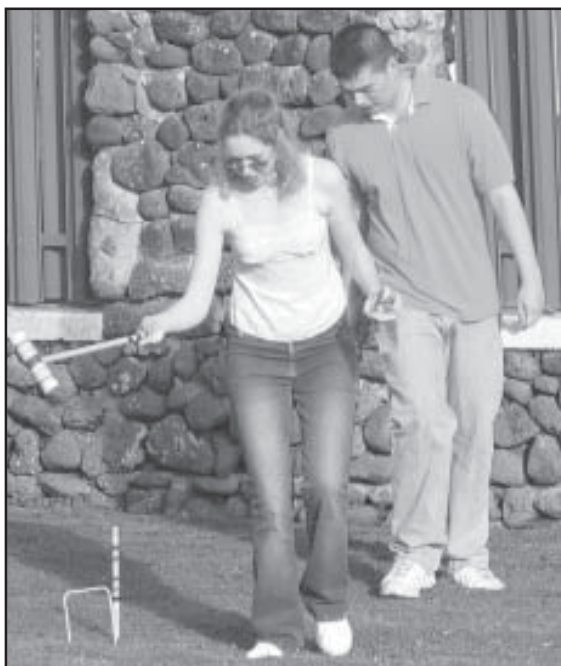
Children and Youth Movie Night is at 7 p.m. April 22. For more information on these events, call Chaplain (Capt.) David Knight at 2-4211.

A violin concert with classical & religious classical music is at 7 p.m. April 30. For more information call Chaplain (Lt Col.) Michael Coggins at 2-4211.

#### National Library Week

National Library Week is next week and to celebrate, the base library has events planned for everyone. The USAFE bookmark design contest for children grades K-12 is ongoing through the end of April. There will be a daily trivia contest for youth and adults. All entries with the correct answer will be put into a drawing for prizes, with a new question every day. For pre-school children there will be a coloring contest. And on April 15, the library will have an open house from 3:30-5 p.m. with cake, coffee and the trivia contest drawing. For more information, call the library at 2-3688.



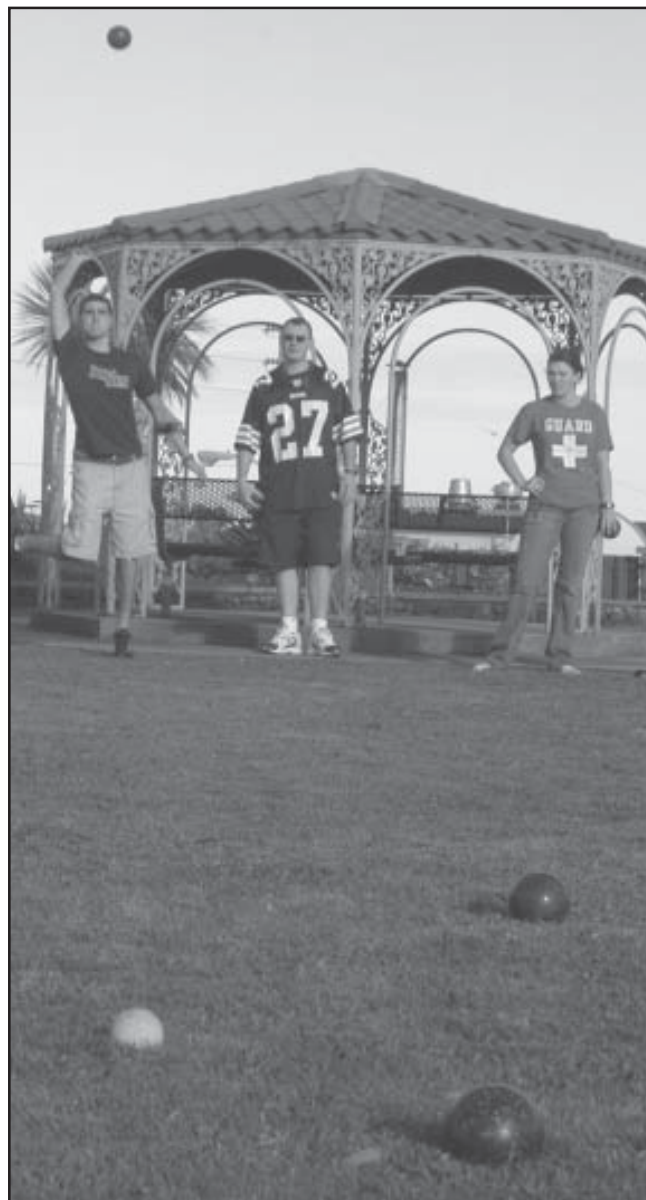


(Left) Airman Julie Audel, 65th Communications Squadron and Airman 1st Class Ben Cornelius, 65th CS, play croquet at the "End of CHEER BBQ" March 31 at the TORC. (Above) Capt. Bradley Stebbins, 65th Operations Support Squadron talks with 1st Lt. Micah Bartron, 65th Security Forces Squadron and Staff Sgt. Sean Shuman, 65th OSS during the cookout. (Photos by Airman 1st Class Jason Ratliff)

## No end to CHEER at cookout



(Above) Members of the Company Grade Officers' Council grill burgers and bratwurst. (Right) Airman 1st Class Richard Gonzales, Det. 6 AFN, throws a bocci ball while Staff Sgt. John Sales, 65th Logistics Readiness Squadron, and Airman 1st Class Josie Kemp, 65th Communications Squadron, watch. (Below) Airman Julie Audel and Senior Airman Tom Stockton, 65th CS, play Twister during the event. About 75 people attended the Project CHEER "End of CHEER BBQ" March 31 sponsored by the CGOC at the Top of the Rock Club's Warrior Park. Single and unaccompanied members of Team Lajes partook of food and games, listened to music and hung out with friends. Although the barbeque marked the official end of CHEER season, project officials say more events will be planned. (Photos by 1st Lt. Aaron Wiley)





## Airman learns of silent danger

By Capt. Yvonne Levardi  
Chief of Public Affairs

A staff sergeant, her son and their roommate learned the hard way about the deadly threat of carbon monoxide last week when they were taken to Angra hospital for suspected CO poisoning.

Staff Sgt. Martha Mitchell, 729th Air Mobility Squadron, and her roommate both had headaches, nausea and fast heart rates, and her 2 ½ year old son had experienced difficulty sleeping.

"We had headaches, my roommate had problems breathing, and we felt dizzy and wanted to go to sleep," Sergeant Mitchell said. "For some reason we didn't really think anything was going on, because (her roommate) was always getting headaches."

Sergeant Mitchell said neither of them thought anything of their discomfort until her roommate found her in the shower.

"I threw up before going to bed, and thought if I took a shower I would feel better," she said. "I fell asleep in the shower - I was there for a couple of hours - and my roommate found me."

Her roommate wasn't able to get her up so she called the command post, the ambulance and the nanny.

"She took my son and went outside," Sergeant Mitchell said. "The nanny drove up to the house and found her passed out."

The medics got Sergeant Mitchell out of the house and took her and her roommate to Angra hospital. They were diagnosed with suspected carbon monoxide poisoning.

Neither of their CO detectors went off.

"I didn't really know what was going on until we got to Angra," Sergeant Mitchell said. "It was a miracle it didn't affect my son like it affected us."

The culprit? The gas-burning flash water heater wasn't working correctly.

According to the 65th Civil Engineer Squadron, how the flame looks can be an indicator that the heater is or is not working properly.

"The first thing tenants should pay attention to is the color of the flame; if the flame is blue, everything is burning properly. If the flame is yellow, there's a problem," said William Fortner, 65th CES chief of housing maintenance. "The second thing to look for is soot - if black soot appears, the gas is not burning properly."

The flame on Sergeant Mitchell's water heater was a sputtering yellow flame instead of the bright blue steady flame one would normally see on a gas-burning appliance. There was also a soot trail along the wall above the flash heater indicating incomplete combustion that would be likely to lead to

higher levels of CO.

Mr. Fortran said off-base tenants should call their landlord if their water heater isn't working properly. If the government-issued stove or dryer isn't working properly, the tenants can call housing maintenance at 2-3326.

"Carbon monoxide is colorless, odorless and poisonous, and can be present anywhere," said Capt. Rob Wheeler, 65th Medical Operations Squadron bioenvironmental engineer. "Anyone using gas space heaters or the instant hot water heaters common to off-base housing should have a carbon monoxide detector, and you need to make sure it works."

Carbon monoxide is produced by the incomplete burning of solid, liquid or gaseous fuels. Appliances fueled with natural gas may produce CO, as does burning charcoal and running cars.

Captain Wheeler said while any gas powered appliance is capable of producing carbon monoxide, space and hot water heaters are of higher concern because the space heater burns with no ventilation and hot water heaters may not be properly ventilated.

CO monitors are issued to people coming to Lajes Field from the furnishings management office along with normal furniture items.

"The detectors they issue are

all pretty new," Captain Wheeler said. "The fire department recommends checking smoke detectors once a month - I'd say check your CO detector at the same time. Just push the 'test' button and see if it gives a chirp to tell if it's working."

The captain said if the detector goes off, don't ignore it.

"Assume the alarm is functioning properly," he said. "Operate the reset button and get fresh air immediately."

People should open windows and doors for more ventilation, turn off any combustion appliances, and leave the house, he said.

"If you suspect carbon monoxide poisoning, call emergency services," Captain Wheeler said.

Symptoms of CO poisoning include headache, fatigue, shortness of breath, nausea and dizziness.

Sergeant Mitchell said her accident brought awareness to her squadron.

"A lot of people said, 'ours chirped and we took the battery out.' They give you the detectors for a reason," she said. "I could have died; I just fell asleep and didn't even know. It wasn't a good experience, but it brought a lot of awareness to people."

For more information, contact the 65th Medical Operations Squadron bioenvironmental engineering section at 2-6206 or [65mdgbio@lajes.af.mil](mailto:65mdgbio@lajes.af.mil).

## Keep flightline clear

Crossroads staff

Foreign object damage costs the global aerospace industry an estimated \$4 billion annually in damage to aircraft.

According to Tech. Sgt. Terry Keck, 65th Air Base Wing Foreign Object Elimination Monitor, some easy everyday safety habits can create a culture of prevention.

"It's all about prevention; from the lowest ranking Airman to the highest ranking senior officer, make sure all personnel are aware of the dangers FO presents to aircraft operations," he said. "We have to take common sense steps to prevent or minimize the potential for foreign objects. A good prevention program saves money and lives."

Some rules of prevention are:

- Check vehicle tires for FO and remove rocks or debris prior to entry onto the air-

field.

- Make certain the government vehicle used on the airfield is well maintained and clean, to ensure nothing will fall off or out of the vehicle.

- Keep an eye out for FO on the airfield, and if you find something that doesn't belong pick it up before it presents a hazard to operating aircraft.

- For flight line maintainers: practice good housekeeping in all work areas and keep proper tool and rag control.

- Per Air Force Instruction 21-101, secure line badges with a subdued nylon/cotton cord or plastic armband and keep badges stowed while performing duties around operating jet engines/aircraft.

- It's a flight line clothing policy to remove hats, berets, jewelry or anything that could potentially fall off and present a hazard.

## LOOK SHARP!

### Backpack protocol

According to the 96th Air Force uniform board that met June 2003, the Chief of Staff of the Air Force has rendered that only solid-color black backpacks may be worn with Air Force blue uniform combinations and solid-color black, olive drab, or woodland camouflage backpacks may be worn with Battle Dress Uniforms.

Also, backpacks may be worn over both shoulders. According to AFI 36-2903, when carried, back packs should be carried in the left hand.



# Fundraisers help support AFAF



*Tech. Sgt. Mary Accomando, 65th Contracting Squadron, sells baked goods to a group of Sailors during her squadron booster club's bake sale table April 2 at the Commissary. The Sailors stopped through Lajes on their way home from Southwest Asia. The booster club donated \$150 to the Air Force Assistance Fund. (Photo by Lt. Col. Kristen Nelson)*

## Crossroads staff

The Air Force Assistance Fund campaign is ongoing at Lajes through May 1.

The campaign supports four Air Force charities: the Air Force Enlisted Village Indigent Widows' Fund, the Air Force Village Indigent Widows Fund, the Air Force Aid Society and the General and Mrs. Curtis E. LeMay Foundation.

People can make donations to any of the funds in 3 ways - by cash donation, by paycheck allotment or by supporting an AFAF fundraiser during the campaign.

For more information, people should contact their unit representative.

65th Operations Support Squadron: **Capt. Bradley Stebbins**

65th Comptroller Squadron: **Staff Sgt. Adolphus Hardy**

65th Air Base Wing: **Senior Airman Laura Rupert**

65th Communications Squadron: **Tech. Sgt. Harold Brown**

65th Logistics Readiness Squadron: **Master Sgt. Brian Brannan**

65th Mission Support Squadron: **Tech. Sgt. Jose Chi**

65th Security Forces Squadron: **1st Lt. Micah Bartron**

65th Services Squadron: **Senior Airman Felicia Pierre-Louise**

65th Civil Engineer Squadron: **Master Sgt. Matthew Gray**

65th Contracting Squadron: **Master Sgt. Julian Kaelin**

65th Medical Operations Squadron: **Master Sgt. Eva Fadeley**

65th Medical Support Squadron: **Staff Sgt. Theodore Settles**

729th Air Mobility Squadron: **Tech. Sgt. Bryan Smith**

Det. 6 AFN: **Staff Sgt. Laura Holzer**

## Airmen, Page 2

the following two days before releasing them for reconstitution leave.

The program reminds war fighters and their families that getting back into the swing of things is a process, not an event.

The goal is to prepare them for the feelings that everyone goes through after a deployment and give them the resources and support to get help if needed.

"It took my family and I about four months to get back to normal," Sergeant Jett said. "Everyone, even single Airmen, will go through a period of readjustment; it's normal."

"I recently talked to a lady who had tears in her eyes after watching the reintegration video who said, 'I just thought it was me,'" Sergeant Jett said. "Almost everyone who watches the video and has been deployed before will say, 'That is exactly what happened to me.' It's so common, the feelings that we have, that it's like reliving your life on the screen."

The reintegration briefings talk about what feelings are normal and when to realize they're no longer normal, she said.

"The Airman might come home and not feel like talking or socializing; they just want to be left alone: and that's normal," Sergeant Jett said. "So we've got to tell them, all these things are normal. It's when you go beyond a certain length of time and aren't readjusting well that it's time to get help; we show

them the signs."

According to Sergeant Jett, the program provides really good information, a lot of which was taken from the Army's program, that's been put together to help Airmen reintegrate with their families, their children and their workplaces.

"One thing that's always a sure thing is change. Things and people change while Airmen are gone," Sergeant Jett said. "So the two days of briefings is really just to get them to address their feelings, communicate with their families, communicate with helping agencies and get back to normal life."

The family readiness shop had always offered a return and reunion program to returning members and their families, but they usually didn't come in and take advantage of it on their own, she said.

Understanding the importance of the reintegration process, USAFE tasked a 17 member team to put this program together during the summer of 2004 and made the program mandatory for all returning Airmen in February 2005, Sergeant Jett said.

"I've seen lots of people and their relationships struggle after Airmen returned from deployment because of the first few hours of being home; I've been through it myself," she said. "It's because we weren't getting them this information about what's normal, the feelings and the different problems that they're going to have. I really support this program."

For more information on the reintegration program, contact Sergeant Lee-Block at 2-5250 or Sergeant Jett at 2-1185.

## At Their Best

### April promotions

Congratulations to the following members of Team Lajes for their promotions:

To airman 1st class: **David Longval**, 65th Operations Support Squadron.

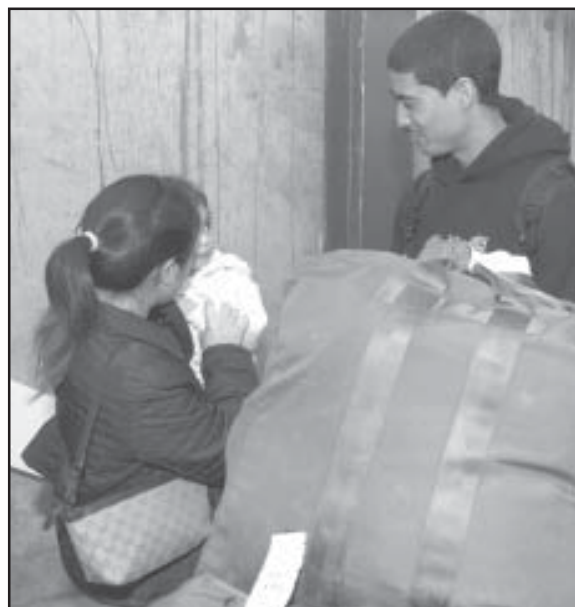
To senior airman: **Marcos Alcala**, 65th Civil Engineer Squadron; **Joanna Nolasco**, 65th Mission Support Squadron.

To staff sergeant: **Katherine Burcar**, 65th LRS; **Nicholas Kemp**, 65th LRS; **Daniel Glancy**, 65th OSS; **Bradley Smith**, 65th OSS.

To technical sergeant: **Pamela Lawson**, 65th LRS; **Richard Bennett**, 65th OSS.

To master sergeant: **John Walker**, 65th CES; **Geraldine Flowers**, 65th Medical Operations Squadron; **Christina Crouch**, 65th MDOS.

To senior master sergeant: **Norman Evans**, 65th LRS; **David Cornillie**, 65th Security Forces Squadron; **Roger Dowdy**, 729th Air Mobility Squadron.



(Left) Staff Sgt. Carl Smith, 65th Communications Squadron, is greeted by his wife Olivia at the Portuguese airport April 4. (Above) Staff Sgt. Gabriel Smith, 65th CS is met by his wife Sherryl and daughter Kyla at the Portuguese airport April 4. (Photos by Staff Sgt. Michelle Michaud)

## ***Welcome home!***

### **Squadron greets returning Airmen**

(Right) Staff Sgt. David Jennings, 65th CS, is welcomed back from an AEF deployment by the 65th CS's First Sergeant, Master Sgt. Christopher Helbig, April 4. (Below) Senior Airman David Norwood is greeted by Lt. Col. Kim Ramos, 65th CS commander and 2nd Lt Robbie Faith, 65th CS ACE Lieutenant. (Bottom right) Tech. Sgt. Tim Brown is greeted by Tech. Sgt. Harold Brown. Seven members of the 65th CS returned home after being deployed for 60 days to Kabul Afghanistan International Airport as part of the Computer Informations Systems team. The CIS team provides full communications support for all NATO-assigned personnel and critical airfield systems supporting KAIA. KAIA is made up of 1,700 personnel from 26 nations. Over 400 of those are NATO-assigned personnel.





## Graco toddler beds recalled

The U.S. Consumer Product Safety Commission announced the recall of about 1.2 million Graco toddler beds because of a possibility that a child's arm, leg or foot can become entrapped between the slats in the guard rails or footboard, resulting in broken bones, sprains and other injuries to young children.

Consumers should remove the guard rails from the recalled Graco toddler beds immediately and call the firm to receive a free retrofit kit. The kit includes custom designed mesh coverings that must be attached to the guard rails and footboard to prevent entrapment. The mesh coverings will be available in 6 to 8 weeks.

So far, Graco has received reports of 77 entrapments resulting in 13 broken arms and legs, 1 broken foot, a sprained ankle and 54 other injuries including bruised, scratched and swollen limbs.

The recalled beds are white plastic and steel with openings between the slats in the guard rails and footboard. The beds were sold under the names "Cozy Toddler Bed," "Glow-in-the-Dark Toddler Bed" and "Classic Toddler Bed." There is a label on the guard rail or leg containing one of the following model numbers: "8801, 8801WR, 8821, 8824, 8828, 8833, 30066, 34434 and 11030," a serial number and the manufacturer's address. Model 8828's headboard has a blue sky with a yellow moon and stars. Model 8801WR has red legs.

"Graco" is printed on all of the beds' footboards. Beds were sold February 1994-March 2004 for between \$50 and \$70.

Contact Graco at (800) 837-4404 8 a.m.-5 p.m. ET Mon.-Fri. or log on to the firm's Web site at [www.gracobaby.com](http://www.gracobaby.com). View this recall online at [www.cpsc.gov/cpscpub/prerel/prhtml05/05137.html](http://www.cpsc.gov/cpscpub/prerel/prhtml05/05137.html)

## Air Force announces media contest winners

A panel of civilian journalists, teachers and public relations professionals selected the best in Air Force print and broadcast journalism for the 48th annual Air Force Media Contest. The winners were announced March 31.

Lajes' own AFN Detachment 6 took home two awards: Command Information Campaign: "Combat Proud Campaign," and Outstanding New Broadcaster: Airman 1st Class Kevin Kite.

Geoff Janes, from the 78th Air Base Wing at Robins Air Force Base, Ga., is the Air Force print journalist of the year. Tech. Sgt. Rusty Barfield, from the Air Force

News Agency Operating Location E at Hickam AFB, Hawaii, is the Air Force broadcast journalist of the year.

Mr. Janes and Sergeant Barfield will join the winners in other broadcast and print journalism categories to represent the Air Force in the annual Department of Defense Thomas Jefferson Awards competition.

The broadcast winners, all subordinate units of the Air Force Broadcasting Service at AFNEWS, are:

— Radio Entertainment Program: "Eifel Saturday Morning," from Detachment 9 at Spangdahlem AB, Germany. Primary contributor Staff Sgt. Deborah Decker.

— Radio Spot Production: "Commisary Scholarships," from Det. 8 at Aviano AB, Italy. Primary contributor Senior Airman Nicholas Kurtz.

— Radio Report: "Hickam ROTC Drill Competition," from Operating Location E at Hickam AFB, Hawaii. Primary contributor Sergeant Barfield.

— Radio Newscast: "Osan Report," from Det. 15, Operating Location A at Osan.

— Radio Information Program: "Yokota Commander's Corner," from Det. 10 at Yokota AB, Japan.

— Television Information Program: "World War II Memorial: Tribute to a Generation," from the Pentagon Channel at Alexandria, Va. Primary contributor Tech. Sgt. Sean Lehman.

— Television Spot Production: "Scrape It All," from Det. 5 at Naval Air Station Keflavik, Iceland. Primary contributor Airman 1st Class Zandy Ariss.

— Television News Report: "Iraqi Guard Training," from Det. 11 at Okinawa, Japan. Primary contributor Senior Airman Rachael Jarrett.

— Television Feature Report: "Joint Recovery Mission Palau," from Operating Location E at Hickam AFB, Hawaii. Primary contributor Sergeant Barfield.

— Local Television Newscast: "AFN Tokyo Today," from Det. 10 at Yokota.

— Regional Television Newscast: "Air Force Prime Time," from Det. 4 at Ramstein.

— Television Newsbreak: "World War II Memorial," from the Pentagon Channel at Alexandria, Va.

— Command Information Campaign: "Combat Proud Campaign," from Det. 6 at Lajes Field, Azores.

— Outstanding New Broadcaster: Airman 1st Class Kevin Kite from Det. 6 at Lajes.

— Commander's Access Channel: "Eye on Nellis: The Best of 2004," from the 99th Communications Squadron at Nellis AFB, Nev.

The winning entries from the media contest can be seen at [www.afnews.af.mil/internal/mediacontest](http://www.afnews.af.mil/internal/mediacontest).

## Soldier returns wad of cash to rightful owner

Balad, Iraq — A good samaritan walking out of the AAFES Bazaar saw a wad of cash on the ground and picked it up.

"I just looked down, and I saw what looked like an old \$100 bill," said Spc. Robert Wells, a fueler in the 1436th Engineer Company.

He quickly found out what he picked up was \$1,150. He took it to his first sergeant, so it would go back to the rightful owner.

"I know if I lost \$1,150, I would want it back," said Sgt. 1st Class Donald Verschuere, 1436th Engineer Company first sergeant. "He just figured it was the right thing to do."

The 27-year-old Wells said he's lost his wallet with his whole paycheck in it before and had it returned without any money in it. He wouldn't want to think of somebody else going through that. He just wanted to do what was right. It was how he was reared, he said.

"I was brought up that if you do what's right, nothing wrong will happen," Wells said.

The money was returned to its rightful owner, Enis Agacdiken, Monday afternoon. The jewelry dealer at the bazaar was shocked to get his money back.

"This is something unbelievable, because I can't believe someone brought it back," Agacdiken said. "That's big money. I appreciate him bringing it back."

Agacdiken gave Wells a token of his appreciation from his jewelry shop.

"It was very kind of him to do that," Wells said. "I didn't do it looking for a reward. It was just a nice gesture from him. It feels good to know the money went back to its rightful owner."

Wells said he's just a regular guy who enjoys shooting pool, reading and talking a lot.

His first sergeant thought doing the right thing was something special for a young troop receiving a small paycheck.

But Wells said he was representing not only himself but the Army and the United States. He believes an act like this puts America in a good light.

"Every good act like this helps," he said. "I don't know where the money's owner was from, but he'll remember an American Soldier did right by him."

Agacdiken called Wells "very honest." He never thought he would see the money again.



## Be fit to be safe?

### *Safety commitment starts with fitness*

**By Maj. John Roden**  
Chief, wing safety

We've all heard it a thousand times: Safety is paramount and it starts with leadership. I am here to tell you that safety is indeed paramount, but if it starts with leadership, then we are all leaders.

Safety starts with you; the first priority in staying safe is taking care of yourself.

Most people don't realize health and safety go hand in hand. A sound mind and body allows you to concentrate and react safely to protect yourself against injuries and illness and enables you to make good decisions.

It takes a special commitment to get in shape and balance your life, but the rewards are well worth the effort.

Physical fitness is a way of life and must be part of your schedule.

We have all been there. You need to get a project done by the end of the day, so you just blow off your physical training time. What are the usual results? It takes twice as long to complete the project because you begin to feel sluggish.

We need physical activity each day to

keep our stamina and efficiency at peak levels. Take the time to get in a short workout and then come back to the project refreshed and ready to go.

The vast majority of mishaps safety offices investigate throughout the Air Force can be linked to a lack of physical fitness.

Most of our workplace related incidents are strains, sprains, backaches, slips and falls. A daily exercise routine improves muscle tone, aids circulation, strengthens the cardiopulmonary system, significantly improves mental alertness and helps burn off stress.

All of these benefits combined will improve your job performance by helping you be more alert and reducing the chances of illness and injury on and off duty.

The benefits of being physically fit do not stop at work. Your energy level at the end of the day will be higher and the time you spend with family and friends will be of a much better quality. You will feel and look better, but the greatest benefit will be to your mental health and your confidence will drastically improve.

"Fernando," one of Billy Crystal's

characters on Saturday Night Live, used to say, "It's better to look good than to feel good."

It is a fact that when you look good you tend to feel good. With the added confidence, if you look better, you'll feel better. Fernando may have had it reversed but his bottom line was sound advice.

After this great advice and the promise of looking and feeling better from being physically fit, there are some things to do prior to beginning.

First, before you run out and start any physical program, you should consult a physician or the base health and wellness center to find out the best programs for you.

Second, start slowly and then build up to where you would like to be.

Last, but certainly not least, enjoy your PT time.

The bottom line is, you are Team Lajes' most valuable asset.

Take care of yourself, your family and your people.

If you follow this philosophy you may get to hear Fernando's second most famous quote, "You look mahhhvellous!"

## Reflective belts not a good substitute

**Courtesy of the  
wing safety office**

According to Air Force, USAF and Lajes Instructions - as well as a Nov. 2003 policy letter signed by U.S. Air Forces in Europe commander, Gen. Robert "Doc" Foglesong, these are the required items of personal protective gear required for

all U. S. military personnel who operate a motorcycle on or off base:

A U.S. Department of Transportation approved helmet or host nation equivalent

Impact-resistant goggles or a full-face shield or windshield that is equal in height to or above the top of the helmet of the properly upright-seated operator

Brightly colored or contrasting vest or

jacket, reflective during hours of darkness

Long sleeve shirt or jacket, full-fingered gloves or mittens, long pants

Sturdy footwear - no sandals or mocasin type shoes

**Note:** Reflective belts worn with the battle dress uniform do not qualify as a vest or jacket substitute.



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*The editorial content is provided, edited and prepared by the Public Affairs Office of Lajes Field.*

*The Crossroads staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a Crossroads staff member or e-mail us at [news@lajes.af.mil](mailto:news@lajes.af.mil).*

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## Statue is to honor Virgin Mary



(Above) The statue of the Virgin Mary in Praia overlooks the Praia bay and the city. (Right) The view of the marina as seen from the statue. (Below) Mary, up close. (Photos by Eduardo Lima)



### Question:

What is the statue that can be found at the scenic overlook on top of the mount overlooking Praia bay?

### Answer:

The statue is in honor of the Immaculate Heart of the Virgin Mary and was inaugurated Dec. 31, 1999. Mary is considered the patron saint of Praia.

The statue is the result of an old project from some Praia citizens that goes back to 1983 when this group of religious people thought the scenic overlook at Serra do Facho, overlooking the bay and the city of Praia, would be a good location for

the statue of the Virgin Mary.

The group of Praia citizens then sought and received the help and support from many Praia immigrant citizens residing in the U.S. and Canada who sent their monetary contributions throughout the years to help with the construction of the statue.

Currently, an amateur radio operators club has its headquarters inside the base or pedestal of the statue.

The Praia City Hall is also renovating the scenic overlook area surrounding the statue in order to make it a more pleasant location for all the locals and

tourists who visit it, especially during the summer months.



## Everyday Hero

### Britni Martin

**65th Logistics Readiness Squadron family member**

**Name:** Britni Martin  
**Grade in school:** 7th  
**Time at Lajes:** 1 ¾ years  
**Family members:** Joe, Cary (Mom and Dad), Taylor, Mackenzie, Kimberly, and Mia  
**What's your favorite subject in school:** Science, and Algebra  
**What do you want to be when you grow up:** a mechanic  
**What's your best Air Force experience:** Moving here

**Do you have any life goals and if so, what are they:** make it through school alive, and go to college

**Hometown:** born in Lakenheath, England, but don't really have a hometown

**One word to describe you:** different

**Hobbies:** Skateboarding, Tae-kwon-do, drawing, hanging out with friends

**Favorite food:** Vanilla ice cream

**Favorite color:** blue

**Pet peeve:** singing

**No one knows I/I'm:** have 16 cousins under 15

**If I could have only one kind of food it would be:** Vanilla ice cream

**The first thing I would do if I won \$1,000,000 is:** run around telling everyone



(Left) The front entrance of the Chace Fitness Center closed until October for ongoing renovations. (Above left) The temporary entrance during construction is in the northwest corner of the gymnasium, and can be accessed by the walkway that runs between the fitness center and Subway. (Above) A temporary service counter is set up next to the new entrance, and staff will continue with normal service to include towels and drink sales. Also available at the counter are ear plugs if people using the facility find the construction too loud. (Photos by 1st Lt. Aaron Wiley)

## Sports briefs

### Hours of operation

#### Chace Fitness Center

5 a.m.-2 a.m. Mon. - Fri.  
8 a.m.-7 p.m. Sat. & Sun.  
8 a.m.-2 a.m. down days & holidays

#### Fitness annex (skating rink)

6-8:30 a.m. & 4-5 p.m. Mon.-Fri.  
squadron/unit use only  
8:30 a.m.-4 p.m. & 5-9 p.m. Mon.-Fri.  
general use  
8 a.m.-7 p.m. Sat., down days & holidays

### Exercise classes

#### Lajes exercise classes restructured:

**Mon.** - Step w/ Val, 8:30 a.m.; Spin w/ Val, noon\*; Cardio w/ Val, 4 p.m.; Step w/ Val, 5:15 p.m.; Spin w/ Célia, 5:15 p.m.\*

**Tues.** - Spin w/ Dawn, 6 a.m.\*; Circuit training w/ Val, 8:30 a.m.; Cardio kick w/ Val, 5:15 p.m.; Spin w/ Val 6:30 p.m.\*

**Wed.** - Step w/ Val, 8:30 a.m.; Step w/ Val, 5:15 p.m.; Spin w/ Célia, 5:15 p.m.\*; Body-Sculpt w/ Val, 6:20 p.m.; Yoga

w/ Val, 7:30 p.m.

**Thurs.** - Spin w/ Dawn, 6 a.m.\*; Circuit training w/ Célia, 8:30 a.m.; Cardio kick w/ Val, 5:15 p.m.; Spin w/ Val 6:30 p.m.\*

**Fri.** - Step w/ Val, 8:30 a.m.; Spin w/ Val, noon\*; Cardio w/ Célia, 4 p.m.; Spin w/ Célia, 5:15 p.m.\*

**Sat.** - Yoga w/ Val, 9 a.m.; Circuit Training w/ Célia, 9:15 a.m.\*; Spin w/Val, 10:15 a.m.\*

\* Classes held at the skating rink

### Youth ball

Register by Sunday at the youth center for the April-June youth baseball leagues. Youth ages 5-18 can sign up at the youth center. Volunteer coaches and officials are needed for this program. Cost is \$25/members and \$35/non-members. For more information, call Jolene Wilkinson at 2-1197.

### Intramural standings

#### Volleyball

Team	W	L	T
AMS	13	1	0
CES	10	2	0
AB4	10	2	0
LRS	11	3	0
SMAC#2	7	7	0

LRS/TRANS	6	8	0
MED GP	3	9	0
SMAC#1	3	11	0
COMM	3	11	0
OSS	1	13	0

### Bowling leagues

#### Tuesday

Team	W	L
1. CES #2	144	72
2. Comm #1	126	90
3. SVS #2	116	100
4. LRS #2	110	106
5. JAMS/DET 6	106	110
6. CONS	102	114
7. AMS #2	101	115
8. LRS #1	92	124
9. MDOS	89	127
10. SVS #1	86	130

#### Thursday (as of Apr. 6)

1. Jam #1	128	80
2. COMM #4	126	82
3. OSS	125	83
4. AMS #3	120	88
5. Comm #3	118	90
6. Comm #2	112	96
7. CES #1	105	103
8. AMS #1	89	119
9. SFS	72	135

## Chapel services

